

Healthy Bites Newsletter



Fall is the time to get back to *hearty harvest meals* and for taking time out to *enjoy the fall colours.*

From Your Dietitian



In Season Now

Fruit Apples, crabapples, cranberries, pears, plums

Vegetables Beans, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, garlic, leeks, parsnips, peppers, potatoes, radishes, rapini, rutabaga, spinach, squash, zucchini

Fall Fitness

Finally it seems that our scorching summer is moving on, bringing us cooler temperatures that are perfect for getting outside, raking leaves, preparing the garden for winter, walking and hiking.

Living in the Niagara Region we are lucky to have easy access to The Bruce Trail, the Waterfront Trail and many quiet neighbourhoods with sidewalks. If you haven't already taken advantage of these opportunities, now is the time! The Niagara Bruce Trail Club has a variety of hikes planned for the fall. You can choose a slower pace hike or if you're gung-ho there are medium and fast paced hikes as well. Hikes start from locations in St. Catharines, Port Dalhousie, Jordan and Grimsby. The hike schedule is attached to the newsletter.

Or you can check out the Let's Hike Meetup group from Stoney Creek at www.letshike.ca.



Nutrition Bite

Aim for 7-10 servings of fruit and vegetables combined daily. Include one serving of a green leafy vegetable and an orange veggie or fruit.



All About Greens

Are you afraid of the dark and leafy corner of the produce aisle?

What do you think of when you hear someone say, "You should eat your dark leafy green vegetables?" Canada's Food Guide recommends that you eat one dark green vegetable everyday. But for many people, these green plant

foods are mysterious: How do you tell them all apart? How do you keep them fresh? And how can you make them taste good? Read on to reveal the mystery. Learn how you can include these tasty, nutritious and inexpensive foods into your healthy food choices.

A Closer Look at Dark

Leafy Greens

Here is some information about some of the leafy greens that you can find in many Ontario grocery stores.

Arugula (rocket)

These are tender leaves with a sharp mustard or peppery flavor and usually tossed with other lettuces in salads. Try it also in

Use different spices to flavour your greens!

soups, pastas or even pizza! Look for bright green and fresh looking leaves. Store for 2-3 days in a tightly sealed bag in the refrigerator and wash very well before using. Try using arugula in any salad

that calls for baby spinach or watercress, like this:

[Roasted Beet and Orange Salad](#) or [Summer Chicken and Shrimp Pasta for Two](#).

Bok choy (Chinese chard)



A member of the cabbage family, bok choy is good in stir-frys, salads, and soup or as a quick side dish. Look for smooth stems



and

leaves that are not wilted. Wrap in plastic and keep in the bottom of the refrigerator for about a week. Ontario bok choy and other Asian greens are available in the summer and fall. Try this recipe: Chinese Vegetables Roll-Ups.

Collard greens (collards)

A variety of cabbage that does not form a head, but instead has long and flat leaves. They taste similar to cabbage or kale. Collards taste milder when they are cooked (they can be bitter when raw). Try in stir-frys, soups or any way that you would prepare

cabbage or spinach.

Local collard is sometimes available in the winter or early spring. Look for crisp, green leaves without any yellow. Store in the refrigerator wrapped in plastic for 4-5 days. Try this recipe: Tilapia with Curried Collards and Tomatoes.

Dandelion greens

This grows wild and commercially. They have bright-green jagged leaves that are slightly bitter. Older dandelion greens should be cooked; younger ones can be cooked or served raw as a salad green. Keep 1-2 days in the refrigerator wrapped in

Cookbooks for Cooking Greens

- The Book of Kale: The Easy-to-Grow Superfood, 80+ Recipes by Sharon Hanna, 2012
- Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and other Leafy Veggies Everyone Loves by Nava Atlas, 2012.
- Leafy Greens: An A to Z Guide to 30 Types of Greens Plus More Than 120 Delicious Recipes by Mark Bittman, 2012.
- The Green Smoothie Bible: 300 Delicious Recipes by Kristine Mills, 2012.

plastic. You can substitute them for any recipe that calls for kale, collards, Swiss chard, spinach and rapini. Try them in this

recipe:
Mulligatawny Soup.

Kale

A member of the cabbage family with long, curly



For recipes listed in this article visit
www.eatrightontario.ca.

leaves. Remove the tough center stalks before cooking. Prepare the same way you would spinach. It's good in salads,

omelets, pastas, stir-frys and soups. You can also use it raw in salads. Look for small bunches with no limp or yellowing leaves. Store in the refrigerator wrapped in plastic for 5-7 days. Try this recipe:

[Shrimp Salad with Gazpacho Dressing.](#)

Mustard greens

These leaves are a rich, dark green and have a strong mustard flavour. Try the leaves steamed or sautéed and flavoured with garlic or onion. You can eat them raw but they taste milder when cooked. Use in any dish where you would add kale or spinach. Look for crisp, young leaves and avoid those with thick, fibrous stems. Store for 1-2 days wrapped in plastic in the refrigerator.

Rapini (broccoli raab)

Looks like thin broccoli stalks with small clusters of buds and smooth leaves. It tastes bitter but cooking helps to mellow the taste. It's very popular in Italian cooking where it is

steamed, sautéed or braised. Keep for 3-5 days wrapped in plastic in the refrigerator. Try this recipe: [Ontario Sautéed Rapini.](#)



Swiss chard

Has a mildly sweet yet slightly bitter flavor with large green (and sometimes red, orange and yellow) ribbed leaves and thick stalks. Leaves can be used in salads and both leaves and stalks can be steamed or sautéed. It is used like spinach, but requires slightly longer cooking because of its thicker texture. Store in the refrigerator wrapped in plastic for 2-3 days. Try these recipes: [Swiss Chard Frittata in a Pita](#) or [Swiss Chard and Crunchy Apple Salad.](#)

Turnip greens

These are the fuzzy green leaves that are the top of the root crop. They are sweet when young (the best time to eat them raw) but get tough and strong tasting as they age. Look for crisp greens with an even colour and no yellow. Avoid those that are wilted. Remove the thick ribs before cooking. Try boiling, sautéing,

steaming and stir-frying. Keep 1-2 days in the refrigerator wrapped in plastic. You can substitute them for any recipe that calls for kale, collards, Swiss chard,

spinach and rapini. Try them in this recipe: [Swiss Chard and Navy Bean Soup.](#)

Did you know? You can eat wild dandelion greens – just be sure that they are free of pesticides.

Greens are Nutritional Superheroes

Great news about greens - they are nutrient dense! That means they are low in calories and high in nutrients.

Leafy greens have about 10-35 calories per 125 mL (1/2 cup) cooked serving. They are rich in [folate](#), [vitamin A](#), [calcium](#) and [vitamin C](#). They also high in [fibre](#), and naturally low in fat and sodium.

A Food Guide serving of leafy greens is 250 mL (1 cup) raw or 125 mL (1/2 cooked).

Add some *Orange* to your Fall Table



Don't forget the butternut and other squashes, carrots, plus orange and red peppers. They are brimming with fibre and disease-fighting antioxidants. They go great with turkey and tofurkey too!

Delicious and easy ways to prepare dark leafy greens

For something simple, try steaming the greens and serving with a teaspoon of olive oil drizzled over the top, balsamic vinegar and pepper. You can also stir-fry, boil or braise them. You can tell leafy greens are cooked once the greens are wilted and are bright in colour.

Good flavourings for greens are garlic, capers, ginger, chili flakes, red or white wine vinegar, sesame seeds, lemon or maple syrup.

Here are other ways to add greens to your favourite recipes:

- Chop kale, spinach, or Swiss chard finely and add to tomato or meat sauce.
- Use spinach or arugula to make a pesto and use on pasta, chicken or pizza.
- Add chopped greens to a stir-fry near the end of the cooking time. Cook until they are wilted but still bright green.
- Add fresh or frozen chopped greens to vegetable soups, stews or chili.
- Fold cooked greens into an omelet or frittata.
- Skip the iceberg lettuce in your salads and sandwiches and try arugula, baby spinach, mesclun mix, watercress or baby mustard greens.

Did you know? Dark leafy greens contain chemicals that discourage animals from eating them. It's those chemicals that make greens bitter.